

Quit Smoking Now - Today – For Good

By Stuart Dawson, Ph.D.

**You can literally step away from tobacco for life.
This book shows you how.**

The only book that shows you how to quit for life in seconds.

This new book reveals an easy, proven quitting method that reprograms your mind as an ex-smoker in under an hour. You will quit using a simple but powerful combination of speech and actions. Discover the exact same process the author used to quit after 11 years of heavy smoking - guaranteed. Totally safe - no chemical patches, and immediate results.

If you're wanting to quit but aren't sure how, or if you've tried before and haven't lasted, this is the book for you.

“Giving up smoking is not a matter of luck, or even of willpower. It's a trick of the mind, and once you've been through the process of understanding it, and got the 'Aha', I'm convinced it will work for you as it did for me.”

– Stuart Dawson, Ph.D.



Sample Chapter – Chapter 1

The attached extract consists of the first three pages of Chapter 1, nearly the whole chapter.

As you read it, you will start to remember your own “smoking story” in detail. This memory will be used later in the book as one of the mental tools to reverse and destroy your smoking habit. Each of the short, easy exercises in this book work together to bring you success.

You will also learn:

- Chapter 2 You Already Know Why You Must Stop Smoking
- Chapter 3 You Can Stop Smoking Today
- Chapter 4 The Difference Between Resolutions And Goals
- Chapter 5 How You Started
- Chapter 6 How Smoking Became A Habit
- Chapter 7 How This Method Works - Getting Your Mind And Body In Sync
- Chapter 8 Your “Quit Now” Decision
- Chapter 9 What Does It Feel Like When You Quit?
- Chapter 10 Quit Now For Good
- Chapter 11 Dealing With Cravings
- Chapter 12 Your New Life As An Ex-Smoker

This A5 format book is just 34 pages long – the most powerful quit method yet published. The price? About the same as three packets of smokes, with FREE Postage & Handling.

If you're serious about quitting, order it today. www.JustLocal.com.au/book

Chapter 1 - My Story

I was about eleven and a half years old when I had my first cigarette. This resulted from a dare at primary school, when I was urged by another kid in my class to try cigarettes.

I suppose we thought it was something very cool and daring, and made us do what grown-ups did. Many adults smoked. My own dad had smoked a pipe for years, and a couple of relatives smoked, so tobacco was often in the air.

Anyway, we went down to a local milk bar and my classmate bought a packet of cigarettes, for which we each paid half. This was many years ago when shopkeepers weren't so fussed about selling tobacco to underage kids.

They would ask who the ciggies were for, and you would say they were for your dad, or your uncle, and that would be the end of the story.

We got the cigarettes, and went down a walking track by the side of the railway line in the suburb where we both lived. The other kid had done this before, so he took a cigarette, lit it up and passed it to me, and told me to just take a breath through the cigarette.

I tried to draw in the smoke, and of course I coughed and spluttered because it tasted foul. It was the cheapest brand of cigarettes you could buy.

They were the non-filter version too, which were the cheapest of the cheap - although even in those days cigarettes were relatively expensive.

I coughed and gasped, and he showed me again how it was done, breathing in and holding the smoke in for a few seconds, and then blowing it out again.

That was called ‘doing the drawback’. If you could draw the smoke into your lungs, hold it, and blow it out in a nice smooth stream, you were super cool - at least, that was the belief we had then.

I persisted for some time - maybe half an hour or so - with him showing me how clever he was at holding in the smoke, and me coughing away and are not really making much progress at all, because of course smoke is a nasty thing.

But I felt very pleased that I was keeping up with one of the ‘smart boys’ in the class, and then we went our separate ways home.

He took the cigarettes with him, as I wasn't sure what my parents would say if they caught the smell of smoke on me. I went off home and have a vague memory of flapping my shirt in the backyard to try to get rid of the smell, brushing my teeth and hoping for the best.

As it happened nothing was said, and so back at school we agreed to meet up another day and repeat the experiment.

That was a pretty similar experience, coughing away and trying to hold the smoke in. This went on and off for a couple of months, and then it stopped. I can't remember exactly why - it just wasn't convenient as we had different after-school activities and interests.

It went on and off like that, here and there through secondary school. There were dares to do the drawback, dares to show you could smoke and not get caught, and so on. Like, “Can you smoke?”, “Can you do the drawback?”, “Yeah”, “Well, show us.”

I had started at the top end of primary school, and my youthful smoking exploits went on through things like Scouts - sneaking off round the corner somewhere, or at scout camps when the more show-off kids took cigarettes along and dared other kids to have a smoke.

It was a sort of proving you could do it; proving you weren't going to dob someone in because you were in it too; proving you were just as clever as other kids because you could do the drawback, and so on.

Blowing smoke rings was another challenge, as – later – was rolling neat roll-your-own cigarettes.

From upper secondary school I had a casual job as a shop assistant. Quite a high percentage of the people at work smoked, and work provided the money for some indulgences, including tobacco.

I took up smoking seriously when I hit university, and smoked almost continuously for the next eleven and a half years.

Throughout that time, after the first couple of years, I made many attempts to cut down, or change to cheaper brands, or to quit altogether, and none of them were successful.

I hadn't yet discovered the mental process for giving up smoking that gave me success. But eventually I made that discovery, and was eventually able to understand and make clear the specific stages of my quitting process.

This is what I'm sharing with you now in this book.

Each of the attempts before I finally quit was a painful trial in which I spent most of my time craving cigarettes, and thinking about how I shouldn't want them.

Invariably I would be out somewhere and feel like a cigarette, but was too proud to sponge off friends, or to say that I was 'trying' to quit so I wouldn't buy any.

Instead, if I was going to have one anyway - if I couldn't stop - I would say to myself, “I'm going to have a cigarette or two for now, but I'm not going to bot off friends, so I'll buy a pack and just have a couple, and that'll be that”.

So I'd have a couple of smokes, then I'd have a few more, and before I knew it I'd wake up the next day and the habit would be back in force. This went on for many years.

During the eleven and a half years that I smoked after leaving school, I probably made attempts to quit about every six to eight months throughout that time – all the while knowing it was bad for my health, my budget, and my general personal smell.

(As a smoker everything around you stinks of smoke, though you become used to it after a while and mostly forget all about it.)

Smoking was also common at friends places. Just about anywhere you went there were people smoking, both indoors and outdoors. It was perfectly normal to go to someone's

house and ask for an ashtray, or there’d already be one on the table and off you’d go. It was a generally accepted thing.

Anyway, one day I was out at a pub with some friends, during yet another attempt to ‘cut down’. I was having my second cigarette when I started coughing again - as was not uncommon for someone who is a fairly heavy smoker.

When I say fairly heavy, I was smoking about a carton of cigarettes a week. I’d have about a packet a day, and then most weeks on Thursday, Friday and Saturday, the big going out nights, I’d have another packet each night.

As I sat at the table, coughing away, I knew (yet again) I was doing serious damage to myself. Then, in the next few seconds, as if by magic, I went through a very specific sequence of speech and actions.

I gave the rest of the pack away, and that was the last time I had a cigarette in my life. That was over 15 years ago now.

There were three very precise, separate, identifiable steps that I went through then to give tobacco away for good. It was not for several years afterwards, as a result of a psychology workshop, that I learned how that process had worked.

And now I’ve developed the process I went through - how it worked, and also what quitting felt like - into a set of clear, easy to copy mental and physical steps that anyone can use, so as to let it do good for as many people as possible.

Chapter 1 ends by introducing my discovery of the secret “key” to quitting for good, which changed me into an ex-smoker for life in a matter of seconds. And that was 15 years ago!

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Follow my easy, simple instructions step by step. Use the combined power of your mind and body to literally walk you way to ex-smokerhood in seconds! Using a special psychological technique, this short book will take you less than an hour to read and do, to quit forever.

The price? Less than 3 packets of smokes. You know you have to quit. Get it today!